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# TOMATOES

*on your  
table*



Leaflet No. 278

UNITED STATES DEPARTMENT OF AGRICULTURE

# **TOMATO TIME IS ANY TIME**

Tomatoes, red, ripe, and fresh from summer vines . . . tomatoes green for pies and other good dishes after the first light frost of fall . . . tomatoes for winter and early spring "put up" plain or in juice, butter, marmalades . . . and tomatoes grown in greenhouses or southern climates for fresh use the year round. Around the calendar tomatoes add their special note of bright color, tempting flavor, and vitamin value.

## **Tomatoes Star for Vitamin C**

Tomatoes are among the most important sources of vitamin C. One medium-sized tomato (three to a pound) will give you nearly half your day's quota of vitamin C, as well as a generous amount of vitamin A.

To get most good from tomatoes, eat them raw and fresh. But remember they hold a large share of their vitamins even when cooked or canned.

## **Tomato Tips**

- Ripe tomatoes keep best in the refrigerator, where the cold stops the ripening process. Store them uncovered.

- Make a practice of peeling and cutting tomatoes just before using. If you must prepare them early, keep them covered in the refrigerator until time to cook or serve them.

- To make peeling tomatoes easier :

Stroke the skin with the dull edge of a knife blade until skin is loosened, or

Dip the tomato in boiling water for 1 minute, then cool at once in cold water, or

Run fork into tomato and rotate it over heat of cooking unit until the skin is tight and shiny. Cool at once in cold water.

## **Tomato Ripening**

Underripe tomatoes, even mature green ones about to turn color, will ripen indoors. Spread them out at cool room temperatures (at 60°

to 70° F.), in the basement, or on the porch if not too cold.

Light isn't needed to produce good red color after tomatoes are picked. Ripening on a sunny window sill in summer is a poor practice; too much sunlight prevents development of normal or even color, and high temperatures promote rapid spoilage.

Immature green tomatoes won't ripen and are likely to rot if kept too long. It's best to cook them soon after picking.

## **COOKED TOMATOES . . . RIPE OR GREEN**

### **Stewed Tomatoes**

Remove stem ends and quarter 6 medium-sized ripe or green tomatoes (peel ripe tomatoes, if preferred). Add 1 tablespoon minced onion for flavor, if desired. Cover and cook until soft—7 to 15 minutes for ripe tomatoes, 20 to 35 for green. Add a little water to green tomatoes, if needed.

Season with 1 teaspoon salt; a little pepper; sugar, if desired— $\frac{1}{2}$  teaspoon for ripe tomatoes, 1 tablespoon for green; and 1 tablespoon fat. For variety, add  $\frac{1}{2}$  cup soft bread crumbs before serving or top with toasted bread cubes. Six servings.

Season canned tomatoes in the same way as fresh ripe, and heat (if onion is added cook until onion is tender).

**With onions or celery.** Cook chopped ripe tomatoes with half as much sliced onion or chopped celery. Season as above. Cook covered until onion or celery is tender—about 20 minutes. This is an excellent way to use the outer stalks of celery that are less desirable for eating raw.

### **Fried Tomatoes**

Slice 6 medium-sized ripe or green tomatoes about  $\frac{1}{2}$  inch thick. Dip in mixture of  $\frac{1}{2}$  cup fine, dry bread crumbs or flour,  $\frac{1}{2}$  teaspoon salt, and a little pepper. Cook in a small amount of fat until lightly browned, about 1 minute on each side. If desired, dip tomatoes in beaten  
Coastal Plain  
Tifton, Georgia

egg, then in flour or bread crumbs before cooking. Six servings.

## Broiled Tomatoes

Wash 6 medium-sized tomatoes, ripe or green, and remove stem ends. Cut tomatoes in two, and place cut side up in shallow pan or on broiling pan. Brush with melted fat and sprinkle with salt and pepper. Place under direct heat with top of tomatoes about 3 inches below the tip of flame or broiler unit, or as range manufacturer suggests. Broil until tender—10 to 15 minutes for ripe tomatoes, 15 to 25 for green. If desired, sprinkle with fine bread crumbs or grated cheese for the last few minutes of broiling. Six servings.

## Scalloped Tomatoes

3½ cups sliced fresh or canned tomatoes	Pepper
¼ cup minced onion	Sugar, if desired—½ teaspoon for ripe or canned tomatoes, 1 tablespoon for green
2 tablespoons minced green pepper, if desired	2 cups soft bread crumbs
1 teaspoon salt	2 tablespoons fat

Combine tomatoes (ripe or green), onion, green pepper, salt, pepper, and sugar if used. Place in a baking dish alternate layers of tomato mixture and bread crumbs, ending with bread crumbs. (For a thinner mixture, omit 1 cup of the crumbs.) Dot with fat. Bake at 375° F. (moderate oven) 20 to 30 minutes for ripe tomatoes, about 45 for green.

If desired, sprinkle ½ cup grated cheese over the top for the last 10 to 15 minutes of baking. Six servings.

**For variety, combine ripe tomatoes with other vegetables.** Reduce tomatoes in above recipe to 2½ cups and add . . . 2½ cups cooked whole-kernel corn or raw vegetables such as 3 cups shredded cabbage; or 1 medium-sized eggplant, pared and cut in ½-inch pieces; or 4 cups sliced crookneck squash; or 4 medium-sized onions, sliced or quartered, in place of the minced onion. Combine as for scalloped tomatoes. Cover and bake until vegetables are tender . . . with corn, 20 to 30 minutes; with

onions, about 1 hour; with cabbage, eggplant, or squash, the scallop will need to bake 45 to 50 minutes. Remove the lid for the last 15 to 20 minutes to brown crumbs.

## **Baked Tomatoes**

Wash and remove stem ends of 6 medium-sized tomatoes, ripe or green. Place in a baking dish, brush with melted fat, and sprinkle with salt and pepper. Add just enough hot water to cover bottom of dish. Cover and bake at 375° F. (moderate oven) until tender—about 30 minutes for ripe tomatoes, about 45 for green. If desired, sprinkle with bread crumbs before baking; remove cover for last 15 minutes of baking to brown crumbs.

**On the half shell.** Cut tomatoes in two, place cut side up in a baking dish, brush with melted fat, and season with salt and pepper. Cover and bake at 375° F. (moderate oven) until tender—about 30 minutes.

**Stuffed.** Scoop out center of six ripe tomatoes, leaving a shell about  $\frac{1}{4}$  inch thick. Chop pulp and mix with an equal amount of soft bread crumbs. Add 2 tablespoons minced onion cooked in 1 tablespoon fat until lightly browned. Season with salt and pepper. Stuff tomatoes, and place in a greased baking dish; add just enough hot water to cover bottom of dish. Cover and bake at 375° F. (moderate oven) until tender—25 to 30 minutes.

Other stuffings may be baked in tomato shells, too—try Spanish Rice, p. 9, or tuna in cream sauce.

## **TOMATOES IN THE MAIN DISH**

### **Curry of Meat With Green Tomatoes**

1 onion, sliced	3 cups chopped, cooked meat
3 tablespoons meat drippings or other fat	1 to 2 teaspoons curry powder
1 quart sliced green tomatoes	Salt

Cook the onion in the fat. Add green tomatoes, cover, and cook until tender. Add meat and heat thoroughly. If the mixture is too thick, thin it slightly with meat broth, gravy,



or water. Season to taste with curry powder and salt. Serve with fluffy boiled rice or with noodles. Six servings.

### **Green Tomato Meat Stew**

<b>1 pound beef chuck,</b>	<b>½ onion, chopped</b>
<b>cubed</b>	<b>3¼ cups water</b>
<b>1 teaspoon salt</b>	<b>3 medium-sized green to-</b>
<b>Pepper</b>	<b>matoes</b>
<b>4 tablespoons flour</b>	<b>2 cups cubed potatoes</b>
<b>2 tablespoons fat (beef</b>	<b>1½ cups sliced carrots</b>
<b>fat may be used)</b>	

Roll meat in mixture of salt, pepper, and 2 tablespoons of the flour. Brown in the fat. Add onion; cook until lightly browned. Pour in 2 cups of the water, cover, and simmer about 1 hour or until meat is almost tender.

Wash, remove stem ends, and quarter the tomatoes; add with potatoes, carrots, and 1 cup water to the meat. Cover and cook until vegetables and meat are tender. Add more water as needed. Blend remaining 2 tablespoons flour with the ¼ cup water; add to stew, and cook until slightly thickened. Six servings.

### **Spanish Liver**

<b>1 pound sliced beef,</b>	<b>½ cup sliced mushrooms,</b>
<b>lamb, or pork liver</b>	<b>if desired</b>
<b>1½ tablespoons flour</b>	<b>2½ cups fresh or canned</b>
<b>2 tablespoons fat</b>	<b>tomatoes</b>
<b>¼ cup chopped onion</b>	<b>1½ teaspoons salt</b>
<b>¼ cup chopped green</b>	<b>Pepper</b>
<b>pepper</b>	<b>2 cups cooked noodles or</b>
<b>½ garlic clove, chopped</b>	<b>spaghetti</b>

Dip liver slices in flour and cut in cubes. Brown liver in the fat; add onion, green pepper, garlic clove, mushrooms, tomatoes, salt, and pepper. Cover and simmer for 10 minutes. Add cooked noodles or spaghetti and cook 10 minutes longer.

Or place noodles or spaghetti and liver mixture in alternate layers in a greased baking dish. Top with ¼ cup fine dry bread crumbs, if desired. Bake at 375° F. (moderate oven) 15 to 20 minutes or until mixture is heated through and crumbs are browned. Six servings.



## **Beef, Tomato, and Cabbage Scallop**

<b>1 pound ground beef or other lean meat</b>	<b>2 teaspoons salt</b>
<b>2 tablespoons fat</b>	<b>Pepper</b>
<b>¼ cup chopped onion</b>	<b>4 cups chopped or coarsely shredded cabbage</b>
<b>1 cup chopped celery</b>	<b>1 cup soft bread crumbs</b>
<b>2½ cups fresh or canned tomatoes</b>	

Brown the meat in fat. Add onion and celery; cook 5 minutes. Add tomatoes, salt, and pepper; bring to boiling. Place alternate layers of cabbage and meat mixture in a baking dish. Top with bread crumbs. Bake at 375° F. (moderate oven) 40 to 45 minutes. Six servings.

## **Fish-Tomato Stew**

Cook 3 cups cubed potatoes in 3 tablespoons fat until lightly browned. Add ½ cup chopped onion, ¼ cup chopped green pepper, 3½ cups fresh or canned tomatoes. Cover and cook until potatoes are tender. Add 1 pound cooked fish, cut in about 2-inch pieces. Season with 1 teaspoon salt, and pepper. Cook about 5 minutes longer. Six servings.

## **Chicken Creole**

<b>2 chickens, 2 to 2½ pounds each</b>	<b>½ cup chopped onion</b>
<b>¼ cup flour</b>	<b>½ cup water</b>
<b>1 teaspoon salt</b>	<b>¼ cup chopped green pepper</b>
<b>Pepper</b>	<b>2½ cups fresh or canned tomatoes</b>
<b>¼ teaspoon paprika</b>	
<b>¼ cup fat (chicken fat may be used)</b>	

Cut chickens into serving pieces. Roll in mixture of the flour, salt, pepper, and paprika. Brown in melted fat. Add onion; cook 2 to 3 minutes. Add the water, cover, and simmer about 30 minutes or until almost tender, adding more water if necessary. Stir occasionally to keep from sticking. Add green pepper and tomatoes. Simmer about 30 minutes longer. Serve on seasoned hot noodles or rice. Six servings.

## **Add Tomatoes to Meat Stand-bys**

• Add 1 cup fresh or canned tomatoes to 1½ pounds ground meat for a meat loaf with your favorite seasonings. Use about 1 cup of soft bread crumbs as a binder.

• For extra flavor and moistness in ground meat patties, add ¾ cup fresh or canned tomatoes to 1 pound ground beef. Add ½ cup uncooked, quick-cooking oats as the binder. Season. This combination has a “different” flavor and helps stretch the 1 pound of meat to serve 6.

• Pour 2½ cups fresh or canned tomatoes over a pot roast the last hour of cooking. It makes a delicious gravy, especially if a clove of garlic and a little thyme are cooked with the meat.

• Tomatoes are a “must” for Spanish steak. Pour 2½ cups fresh or canned tomatoes over the browned meat and add chopped onion and green pepper. Season with salt and pepper. Cook until tender.

## **LUNCHEON . . . SUPPER DISHES**

### **Tomato Rabbit**

½ cup finely chopped celery	2 tablespoons flour
¼ cup chopped green pepper	2½ cups fresh or canned tomatoes
¼ cup chopped onion	1 teaspoon salt
2 tablespoons fat	1 cup grated cheese
	2 eggs, beaten

Cook together celery, green pepper, and onion in the fat, 8 to 10 minutes, stirring frequently. Blend in the flour. Add tomatoes and salt. Cook slowly until mixture thickens, stirring often. Remove from heat, add cheese, and stir until cheese melts. Gradually add some of the tomato mixture to beaten eggs; mix well, then stir the egg-tomato mixture into the rest of the tomato mixture. Cook over low heat, stirring constantly until thickened and creamy (2 to 3 minutes).

If desired, add a few dashes of tabasco sauce. Serve on toast or crackers. Six servings.

## **Spanish Rice**

Cook  $\frac{1}{4}$  pound diced bacon until crisp, remove from fat, and drain. Combine 2 tablespoons of the bacon drippings with  $3\frac{1}{2}$  cups fresh or canned tomatoes,  $\frac{1}{4}$  cup each of chopped green pepper and onion. Bring to boiling, add about 3 cups cooked rice, cook 10 to 20 minutes. Or add 1 cup uncooked rice and 2 cups water, and cook gently 20 to 25 minutes or until rice is tender. Add more water if mixture becomes dry. Season with salt and pepper. Add bacon. Six servings.

## **Chili Kidney Beans With Tomatoes**

2 cups dry kidney beans	$3\frac{1}{2}$ cups fresh or canned
6 cups water	tomatoes
$\frac{1}{4}$ cup bacon drippings	1 large clove garlic, sliced
2 teaspoons salt	1 green pepper, minced
1 large onion, sliced	2 teaspoons chili powder

Boil beans 2 minutes in the water, and soak 1 hour. Or, boil as above and soak overnight. Add bacon drippings and salt; and simmer for 2 hours in the soaking water. Add more water if needed during cooking. Add remaining ingredients, stirring as little as possible to avoid mashing the beans. Place in a baking dish or bean pot and bake uncovered at  $350^{\circ}$  F. (moderate oven) for about 30 minutes. Six servings.

If preferred, use pinto beans in place of the kidney beans.

## **Lima Bean-Tomato Casserole**

Combine 5 to 6 cups cooked lima beans with 2 cups thin white sauce and 1 cup finely grated cheese. Pour into baking dish and place quartered tomatoes cut side down on bean mixture. Bake at  $350^{\circ}$  F. (moderate oven) 20 to 30 minutes or until tomatoes are tender. Six servings.

## **TOMATOES IN SALADS**

### **Tomato Flower Salad**

6 chilled tomatoes	2 hard-cooked e g g s,
Lettuce	chopped
½ cup chopped celery	2 tablespoons mayonnaise
½ cup chopped cucum- ber	or cooked salad dress- ing
1 tablespoon m i n c e d onion	1 teaspoon salt
1 tablespoon chopped green pepper	Pepper

Cut stem ends from tomatoes. Cut tomatoes four times from the top almost through the bottom, to form eight attached "petals." Spread petals apart on the lettuce. Combine other ingredients, and put filling into centers of the "flowers." Chill. (One-half cup of cottage cheese may be used in place of the eggs.)

For a meat filling: Combine 1 cup diced cooked meat; 1 cup diced cooked potatoes; 1 tablespoon minced onion; and 2 tablespoons chopped green pepper. Add salt, pepper, and dressing as above.

### **Jellied Tomato Salad**

1 tablespoon unflavored gelatin	½ teaspoon sugar
¼ cup cold water	½ teaspoon salt
2½ cups fresh or canned tomatoes	Pepper
1 tablespoon m i n c e d onion	1 tablespoon lemon juice
½ small bay leaf	½ cup finely chopped cucumber
	½ cup finely chopped celery

Soften gelatin in the water. Cook tomatoes, onion, and bay leaf—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve and measure 1¾ cups (if not enough, add boiling water). Add hot, sieved tomatoes to gelatin and stir until gelatin is dissolved. Season with sugar, salt, pepper, and lemon juice. Chill. When gelatin mixture begins to stiffen, add cucumber and celery. Mix well. Pour into a mold or pan rinsed in cold water. Chill until firm. Serve with salad dressing on lettuce or other salad greens. Six servings.

## Other Salad Suggestions

- Combine diced tomatoes, chilled cooked kidney beans, chopped celery, chopped pickle or pickle relish; season with minced onion, salt, and pepper. Moisten with salad dressing.

- Arrange alternate slices of tomato and cucumber; or tomato, avocado, and grapefruit sections on lettuce or other salad greens. Serve with salad dressing.

- Combine diced tomatoes, diced, chilled cooked potatoes, chopped onion, and french dressing.

- On a bed of coleslaw place a thick slice of tomato, top with several pieces of chilled cooked asparagus. Serve with salad dressing.

- Combine diced tomatoes, sliced cucumber, and radishes with sour cream seasoned with grated onion, salt, and pepper. Or add sour cream to mayonnaise or salad dressing.

- Some favorite salad combinations are . . . sliced tomatoes and cucumber with cottage cheese; diced tomato, celery, radishes, cucumber, scallions or green onions, and lettuce; chopped tomato and shredded cabbage; diced tomato, raw spinach, onion, and grated carrots. Serve with your favorite salad dressing.

## **TOMATO JUICE . . . SOUPS . . . SAUCES**

### **Tomato Juice Cocktail**

<b>3½ cups fresh or canned tomatoes</b>	<b>1 tablespoon chopped onion</b>
<b>1 cup chopped celery</b>	<b>½ teaspoon salt</b>
<b>¼ cup chopped green pepper</b>	<b>1 teaspoon Worcestershire sauce</b>
<b>½ bay leaf</b>	<b>½ teaspoon horseradish, if desired</b>

Cook together the tomatoes, celery, green pepper, bay leaf, and onion—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Add salt, Worcestershire sauce, and horseradish to sieved tomatoes. Chill. Mix well before serving. Makes 3 cups.



## Clear Tomato Soup

1½ quarts fresh or canned tomatoes	1 tablespoon flour
½ bay leaf	1 teaspoon sugar, if de- sired
¼ cup chopped onion	1 teaspoon salt
4 cloves	Pepper
1 tablespoon fat, melted	

Cook together the tomatoes, bay leaf, onion, and cloves—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Blend the fat, flour, and sugar (if used); gradually add the sieved tomatoes. Cook over low heat, stirring constantly for about 5 minutes. Season with salt and pepper. If desired, sprinkle with finely chopped parsley and serve with toasted bread cubes. Six servings.

## Cream of Tomato Soup

3½ cups fresh or canned tomatoes	½ teaspoon sugar, if de- sired
¼ cup chopped onion	3 cups milk
2 tablespoons fat	1 teaspoon salt
3 tablespoons flour	

Cook together the tomatoes and onion—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Melt the fat; blend in flour and sugar (if used). Gradually add sieved tomatoes. Cook over low heat, stirring constantly, until thickened. Gradually add tomato mixture to milk, stirring constantly. Heat rapidly to serving temperature. Add salt. Serve at once. Six servings.

## Spanish Sauce

Cook 2 tablespoons chopped onion in 2 tablespoons fat until lightly browned. Blend in 1 tablespoon flour. Add 2½ cups fresh or canned tomatoes, ½ cup each of chopped celery and green pepper, 1 tablespoon chopped parsley, 1 teaspoon salt, and a little pepper. Cook 15 to 20 minutes, stirring frequently. Serve over meat loaf, cooked spaghetti, fried or baked fish, cooked cabbage, or omelet.



## Tomato Sauce

2½ cups fresh or canned tomatoes	2 cloves
¼ cup chopped onion	Flour
½ teaspoon sugar, if desired	Fat
¼ bay leaf	½ teaspoon salt
	Pepper

Cook together the tomatoes, onion, sugar (if used), bay leaf, and cloves—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve and measure. For each cup of sieved tomatoes, blend 1 tablespoon flour and 1 tablespoon melted fat; gradually add the cooled, sieved tomatoes. Cook over low heat, stirring constantly, about 5 minutes or until thickened. Season with salt and pepper. Serve over meat or vegetable loaf, croquettes, fish, cooked spaghetti, souffle, or omelet.

*For variety*, brown lightly in the fat 1 cup sliced mushrooms before blending fat with the flour. Or for a main dish, add cooked meat balls to the sauce and serve over cooked spaghetti. One-half teaspoon of dried oregano or thyme may be added, if desired.

## Tomato-Meat Sauce

2½ cups fresh or canned tomatoes	2 tablespoons fat
½ garlic clove	2 tablespoons flour
1 bay leaf	1 teaspoon sugar, if desired
¾ pound ground beef	1 teaspoon salt
¼ cup chopped onion	Pepper
¼ cup minced green pepper	

Cook together the tomatoes, garlic, and bay leaf—about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Brown the beef, onion, and green pepper in the fat. Blend in the flour. Add sieved tomatoes, sugar (if used), salt, and pepper. Cook over low heat, stirring constantly, until thickened. Serve hot on cooked spaghetti, noodles, or rice.

## **MARMALADES . . . PRESERVES**

**Choose right jars and lids.** Marmalade, preserves, and tomato-apple butter may be packed in any sound, clean jar and sealed with paraffin. Or, if preferred, seal airtight in canning jars.

**Clean jars and lids well.** Wash in hot suds all equipment—jars, lids, metal screw bands, rubber rings. Rinse well. Before filling jars with hot food, place them in warm water and bring to boiling; then invert to drain out water before filling.

### **Ripe Tomato Marmalade**

3 quarts (about 18 to 20 medium-sized) sliced, peeled tomatoes	2 lemons 2 cups water 4 sticks cinnamon (about 2- to 3-inch pieces) 2 teaspoons whole cloves
6 cups sugar	
1 teaspoon salt	
2 oranges	

Combine tomatoes, sugar, and salt. Peel oranges and lemons. Slice peel very thin, boil in the water 5 minutes, and drain. Slice orange and lemon pulp and remove seeds. Add with rind to tomato mixture. Put spices loosely in a thin, white cloth; tie top tightly; and add to tomato mixture. Heat slowly to boiling; then cook rapidly, stirring constantly, for 45 to 60 minutes or until thickened. Remove spice bag. Pour marmalade into hot, clean jars. Seal. Store in a cool, dry, dark place. Makes about 5 pints.

### **Green Tomato Marmalade**

3 quarts (18 to 20 medium-sized) sliced green tomatoes	1 teaspoon salt 6 lemons 1 cup water
6 cups sugar	

Combine tomatoes, sugar, and salt. Peel lemons. Slice peel very thin, boil in 1 cup water 5 minutes, and drain. Slice lemon pulp

and remove seeds. Add with rind to tomato mixture. Heat slowly to boiling; then cook rapidly, stirring constantly, for about 45 to 60 minutes or until thickened. Pour into hot, clean jars. Seal. Store in a cool, dry, dark place. Makes about 4 pints.

## **Tomato-Apple Butter**

2 quarts (about 12 to 14 medium-sized) sliced tomatoes	4 cups sugar
1½ quarts (about 6 medium-sized) sliced apples	¼ teaspoon ground cloves
1 cup water	¼ teaspoon ground allspice
¼ cup lemon juice	½ teaspoon ground cinnamon

Cook tomatoes 20 to 30 minutes. Press them through a sieve and measure out 4 cups. Cook apples in water until very tender. Press them through a sieve and measure out 2 cups. Combine sieved tomatoes and apples, lemon juice, sugar, and spices. Cook mixture rapidly about 25 minutes, or until thickened and clear. Stir frequently to prevent sticking. Pour into hot, clean jars. Seal. Store in a cool, dry, dark place. Makes about 3 pints.

## **Yellow Tomato Preserves**

Wash firm, small, yellow pear tomatoes. Remove skins if desired. To each pound of tomatoes allow ¾ cup water, ¾ pound sugar, ¼ lemon thinly sliced, and 1 piece of ginger root. Boil the lemon for 5 minutes in part of the water. Boil the remainder of the water with the sugar for 5 minutes to make a sirup. Add tomatoes, ginger root, lemon, and the liquid in which lemon was cooked. Boil until tomatoes are clear and the sirup somewhat thick. Remove scum, then pour preserves into hot, clean jars. Seal. Store in a cool, dry, dark place.

## FOR DESSERT . . .

### Green Tomato Pie

6 to 8 medium-sized green tomatoes	$\frac{1}{4}$ teaspoon cinnamon
2 tablespoons lemon juice	$\frac{3}{4}$ cup sugar
1 teaspoon grated lemon or orange rind	2 tablespoons cornstarch
$\frac{1}{2}$ teaspoon salt	1 tablespoon table fat
	Pastry for 9-inch 2-crust pie

Wash, remove stem ends, and slice the tomatoes. Combine with lemon juice, lemon or orange rind, salt, and cinnamon. Cook 15 minutes, stirring frequently. Mix sugar and cornstarch; add to tomato mixture and cook until clear, stirring constantly. Add fat. Cool slightly, then pour into a 9-inch pie plate lined with pastry. Cover with pastry and seal edges. Bake at 425° F. (hot oven) 40 to 50 minutes.

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Other publications containing directions for preserving tomatoes available from the U.S. Department of Agriculture:

Home Canning of Fruits and Vegetables.  
G-8.

Home Freezing of Fruits and Vegetables.  
G-10.

Making Pickles and Relishes at Home.  
G-92.

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*Prepared by*

Human Nutrition Research Division

Agricultural Research Service  
U.S. DEPARTMENT OF AGRICULTURE  
Washington, D.C.

Revised October 1964

This is a  
*Consumer Service*  
of USDA

U.S. GOVERNMENT PRINTING OFFICE : 1964—O-743-133